

Here's what *you* need to know:

Oxygen will soak into furniture, clothes, bedding and other materials, making them catch fire more easily and burn hotter and faster.

All heat sources should be at least **ten feet** from the point where home oxygen comes out.

Common heat sources are:

- » **Matches**
- » **Candles**
- » **Lighters**
- » **Gas stoves**
- » **Appliances**
- » **Electric razors**
- » **Hair dryers**
- » **Cigarettes**
- » **Heaters**

Do not wear home oxygen while cooking or near a wood-stove, candle or any open flame.

Never smoke when you are using home oxygen. If you must smoke, go outdoors. You should disconnect the home oxygen and wait ten minutes before smoking outdoors. (This gives the oxygen time to come off your hair and clothes.)

Oils, grease and petroleum products can catch fire when exposed to high oxygen concentrations. Avoid using oil-based lotions, lip balm,

petroleum jelly or aerosol sprays.

Here's what *your family* needs to know:

No one should smoke in your home. The fire danger is too great, and fire will spread extremely quickly in an oxygen-enriched environment.

- Your family should not smoke around you.
- Your family should help make sure your home has working smoke alarms.
- You and your family should help you to have an escape plan in case there is a fire.

Here's what *doctors, nurses and therapists* should know:

Before prescribing oxygen therapy, encourage your patient to quit smoking for both health and fire safety reasons.

Help your patient to understand that the fire dangers of home oxygen make the issue of smoking more than a personal health hazard. It puts other people in the building at risk.

Need help to quit smoking?

There's FREE help for you!

The Massachusetts Smokers' Helpline at 1-800-Try-To-Stop (1-800-8-Déjalo) can help you quit. The helpline offers free telephone counseling, information and referral services for Massachusetts residents who want to stop smoking. It is open:

Mon.-Thurs. 9:00 AM - 7:00 PM

Fri. 9:00 AM - 5:00 PM

Call **1-800-879-8678 (English),**
1-800-833-5256 (Español),
1-800-833-1477 (TDD)

or online at **www.trytostop.org**

American Cancer Society

1-800-227-2345

www.cancer.org

American Lung Association

www.lungusa.org

Resources for Massachusetts elders:

1-800-AGE-INFO

(1-800-243-4636)

Executive Office of Elder Affairs



**HOME OXYGEN
CAN BE A LIFE-SAVER.
BUT YOU HAVE TO
TREAT IT CAREFULLY.**

If you're going to begin using home oxygen, you must know how to handle it - especially if you smoke.

Your home oxygen can be a fire hazard. Not just the tank or the tubes - but the oxygen released into your home.



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REMEMBER

Oxygen + Smoking
is Dangerous

Oxygen + Fire
is Deadly!

"Smoking in homes where people use oxygen starts many fires each year that cause deaths and injuries to patients, family members, neighbors and pets.

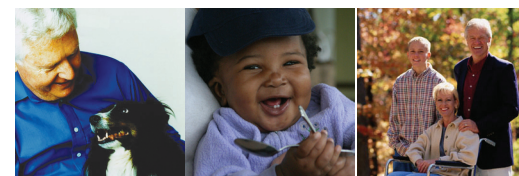
These fires force whole families and other building tenants out of their homes, destroy a lifetime's possessions and cause hundreds of thousands of dollars in property damage."

Stephen D. Coan
STATE FIRE MARSHAL

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FAMILIES
DOCTORS
NURSES
THERAPISTS



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